

Eat to Live Well

Recipes for a Healthy Life!



Morning Glory Muffins

Ingredients:

- 1.5 cups all-purpose flour
- 1/2 cup oats (not instant or quick cooking)
- 1 tsp baking powder
- 1 tsp baking soda
- Pinch of salt
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/2 cup brown sugar, firmly packed
- 1 egg, lightly beaten
- 1/4 cup canola oil
- 1 tsp vanilla extract
- 1/2 cup nonfat milk
- 1 8-oz can crushed pineapple
- 1.5 cup freshly grated carrots (about 2 medium carrots)
- 1/2 cup raisins

Directions:

1. Preheat oven to 350 degrees.
2. Line a 12-cup muffin pan with liners or spray pan with cooking spray.
3. Whisk flour, oats, baking powder, baking soda, salt, cinnamon, ginger, nutmeg in large bowl.
4. In medium bowl, stir brown sugar, egg, oil, vanilla, and milk until combined. Stir in pineapple, carrots and raisins.
5. Mix all ingredients together, and fill muffin cups 3/4 full.
6. Bake for 20-25 minutes, until toothpick comes out clean.

Submitted by employee

Nutrition Facts: Serving size 1 muffin– 190 calories, 5 g fat, .6g saturated fat, 38g Carbohydrate, 2g fiber, 3.2 g protein, 183mg sodium.

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